



ALONE AT HOME PET SERVICES

“Humans would be better off if they tried to be more like dogs!”

January 2026

Did the Holidays Bring a New Dog?

Image Courtesy: Ulrike Mai, Pixabay



Whether you adopted a young puppy or a full-grown dog over the holidays, treat them as a **family member for life** and not an unwanted gift to be casually returned in the New Year. Remember, they are a life-long responsibility and deserve your **full commitment and affection**. Also provide them with consistent training to help them adjust to and fit into their new homes and lives. If you run into problems with training, reach out immediately to a professional for **expert support**.

Below, we'll take a closer look at **two of the most crucial “rules”** for dogs and puppies so they can become an integrated and thriving member of the family. Keep in mind, **every dog is unique** and will **adjust at their own pace!** Support them with plenty of **time, space, consistency** and **patience**.

Dogs of all Ages: The 3-3-3 Rule

To help your new K9 (whether young or older) effectively adjust to their new home and family, use the simple **3-3-3 rule** (below) and **never rush them** to learn, adjust, or interact!

- ♥ **First 3 Days:** Decompressing and adjusting
- ♥ **First 3 Weeks:** Bonding and learning routines and boundaries
- ♥ **First 3 Months:** Relaxing and trusting



Remind **every member in the family** about the 3-3-3 rule by **printing** this **easy-to-understand infographic**, **posting** and **reviewing** it regularly.

Puppies 101: The Rules of 7s

The **most crucial** training for a young puppy involves **positive socialization** (starting by **7-8 weeks**) to build **confidence, resilience** and **prevent fear-based behaviors** with the **Rules of 7s**.

- ♥ **7 Different People:** All ages, smells, voices and appearances with bikes, wheelchairs, canes, walkers and more.
- ♥ **7 Different Locations/Surfaces:** inside and outside.
- ♥ **7 Different Objects:** toys, feeding containers, household items, keys, tunnels, ramps and stairs and more.

In addition, slowly expose the puppy to short car rides, a variety of sounds/music and smells/scents at an early age with patience and positive reinforcement.



Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

[Click Here to Visit AloneAtHomePetServices.com](http://AloneAtHomePetServices.com)

Email: TammyMcMahan@AloneAtHomePetServices.com or Call: 727-395-0051

Certified Veterinary Technician & Certified Professional Pet Sitter

Your Dog's Behavior and Beyond



Image Courtesy: CanineZen.com

Welcome to the first month of “Your Dog’s Behavior and Beyond” with Canine Zen’s **Stephanie Barger**.

Do you want the **secret** to improving your dog training?
Want to make life easier for **you** and **your dog**?

Here it is, make a **big deal** out of the **small wins**!

Every time you acknowledge your dog learning something, no matter how small, you’re reinforcing **trust** and **communication** with your dog.

When you pair good (wanted) behaviors with treats, toys or praise (**whatever works best for your dog**), you’re clearly and positively reinforcing what you want!

[Click here to learn more about the science of behavior change through reinforcement and how to set \(tiny\) goals that work!](#)

Happy New Year from Alone at Home Pet Services!

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Book Your Pet Care for 2026!

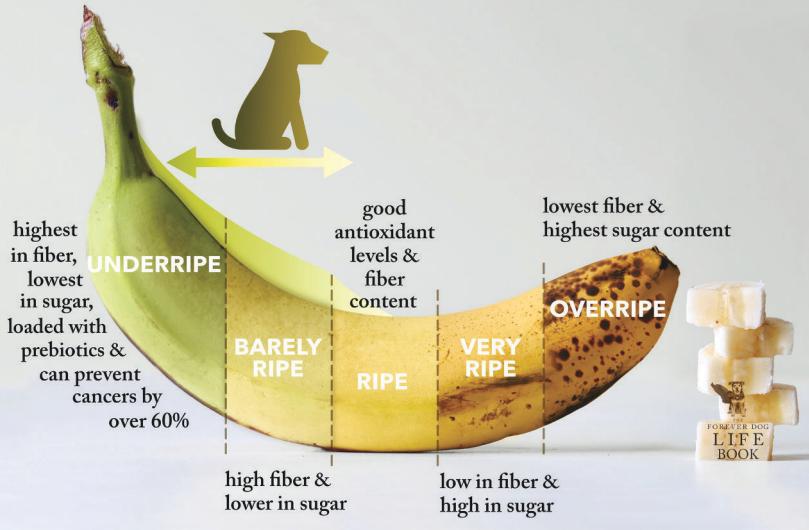
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Bananas are Wonderful & Nutritious for Man's Best Friend, but WHEN Should You Feed Them for THE Best Benefits?

WHEN TO FEED YOUR DOG A BANANA?



K9 Body Language 101: The Adorable Head Tilt

While our dogs seem to understand much of what we say, their natural communication is quite different from ours. To nurture and support a tight bond with your pooch, it's crucial to understand what they are saying through their **body language**.

While humans tend to be more vocal, your dog relies more on ancient body language in their day-to-day interactions, from happiness to fear, from being relaxed to showing dominance or submission. Our overall bond with these canines who intimately share our lives is only as good as our understanding of their natural body language through their:

- ♥ Tail.
- ♥ Eyes and ears.
- ♥ Mouth; and
- ♥ Other parts of their body.

Join us on this year-long journey as we explore how K9s express themselves with the help of experts such as the late Dr. Sophia Yin, illustrator Lili Chin, and Dr. Karen Becker.

So why the cute head tilt from our furry pal? Are they trying to entertain us? Or is there a better explanation behind it? This adorable tilt of the head usually means your dog is fully focusing their attention on a meaningful sound (like a whistle) or a favorite word or phrase they know (and like) such as "treat" or "let's go for a walk." What gets your dog to tilt their head at you?



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Honey is More than Just Sweet

For thousands of years, honey has been used for basic wound care in both humans and animals. This natural product is highly anti-microbial and anti-inflammatory and can help open wounds prevent or eliminate unwanted bacterial infections with its antibiotic properties, while also reducing swelling, keeping the wound moist and speeding healing.

While any honey will work, **medical-grade Manuka Honey** is the best. Thanks to the bees of New Zealand and Australia pollinating the small white flowers of the Manuka tree (aka tea tree), this honey provides the most protection with its powerful components.

Make sure this honey is in your pet's First Aid Kit!



Banana & Honey Dog Treats

If you have very ripe or overripe bananas make this easy recipe for nutritious treats with all-natural ingredients **your dog will beg for!**

- ~ 1 ripe banana, mashed
- ~ 1 tablespoon honey
- ~ 1 egg
- ~ 2 cups whole wheat flour
- ~ 1/2 cup rolled oats
- ~ 1/4 cup unsweetened applesauce for extra moisture **(if needed)**

Preheat your oven to 325°F (165°C) and line a baking sheet with parchment paper.

Mash the banana in a bowl until smooth. Add in the honey, egg, and applesauce (if needed), and mix until well combined.

Add the flour and oats, stirring until a dough forms. If it's too sticky, add a bit more flour. (If it's too dry, add some applesauce.)

Roll out the dough on a lightly floured surface to about 1/4-inch thickness. Cut the biscuits into shapes using your favorite cookie cutter and place them on the lined baking sheet.

Bake for 20-25 minutes or until golden brown and firm to the touch.

Cool completely before serving to your dog. Store any leftovers in an airtight container.

(Recipe Courtesy of MyDogRecipe.com)